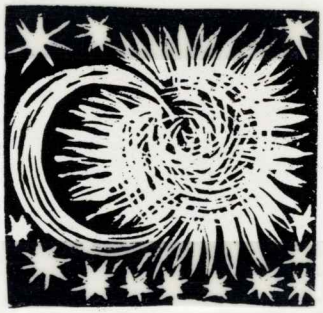
Meditation...



...The Portable Retreat

This 9-week series will allow you to familiarise yourself with meditation as a form of self-attunement and renewal. Different approaches will be explored giving all participants a chance to discover new ways to reenergise themselves. This group will very much cater to the needs of its participants; we will actively listen to one another, share our interests and, we hope, benefit from our respective experiences. Greater insight into one's self and others should naturally arise from our meeting. Though this group is open to all interested parties, new members will be allowed to join only until October 6th. The group will again be open to new members during the first three weeks of the winter session (to be announced).

When: Tuesday afternoon
2:45 p.m. to 4:30 p.m.
September 22nd to November 17th

Where: Sir George Williams Campus
Annex Z, 2090 Mackay, Rm 105

Information: Contact Paule at 454-4023
or Daryl at 848-3585

Paule Guérard-Baddeley and Daryl Ross will be co-leading this meditation group which is offered to you through the **Concordia University Campus Ministry.**

Paule has a background in spiritual psychotherapy; she has been teaching and using meditation as a tool for relaxation and self-awareness for the past five years. She is a full-time student in the Applied Social Sciences Department.

Daryl is one of Concordia's Campus Ministers. She has a background in Judaism, Buddhism and Christianity. Her approach to spirituality is exploratory, experiential and integrative.